

# Promoting Healthy Students, Schools, and Communities

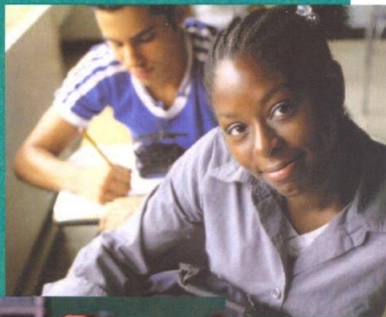
## A Guide to Community–School Health Councils

<http://www.cancer.org/Healthy/MoreWaysACSHelpsYouStayWell/SchoolHealth/SchoolHealthCouncils/school-health-councils>



# Promoting Healthy Youth, Schools, and Communities

*A Guide to Community-School Health Councils*



## Iowa Manual—Go to:

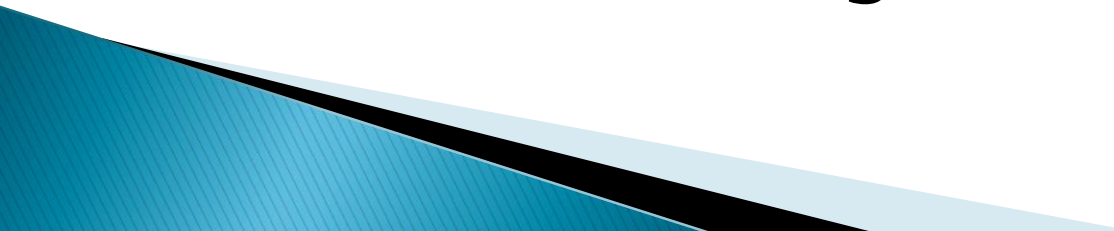
<http://www.idph.state.ia.us>

## Search IDPH— Promoting Healthy Youth



[http://www.idph.state.ia.us/hpcdp/promoting\\_healthy\\_youth.asp](http://www.idph.state.ia.us/hpcdp/promoting_healthy_youth.asp)

# Goals

- ▶ Learn an effective structure and process for partnerships between the community and school to promote and support the improvement of student health
  - ▶ Use a community–school health council to meet the health needs of all the differing school populations
- 

# Involve partners in school health program cooperative efforts

»» Because each student needs a sound foundation for a healthy future

**Our children's health  
depends on our families,  
schools, and communities**

**–Feeling connected to  
family and school results  
in healthier students less  
likely to get into trouble**






- When parents are involved in schools, all students learning improves
- Health is everyone's business
- Families, schools, and agencies are limited in what they can do alone

**“Efforts that ignore health are ill-conceived, as are health improvement efforts that ignore education.”**

**»» “If schools do not deal with children’s health by design, they deal with it by default.”**

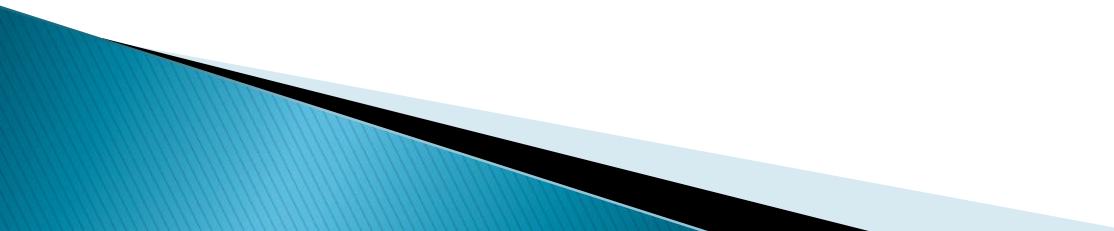
*Health is Academic*

# Most Pressing Issues

- ▶ Unhealthy dietary behaviors
  - ▶ Inadequate physical activity
  - ▶ Alcohol and other drug use
  - ▶ Tobacco Use
  - ▶ Sexual behaviors—could result human immunodeficiency virus (HIV), sexually transmitted infections (STI), unintended pregnancy (UP)
- 



# Why Schools Need to Address

- ▶ Education and Health are linked
  - ▶ Prevention programs work
  - ▶ Physical, mental, social, and emotional health are important to school success
  - ▶ Most effective approaches are coordinated and comprehensive
- 

# School Health Model



# School Health Outcomes

- ▶ Improved attendance
- ▶ Less tobacco use
- ▶ Lower rates of unintended pregnancy
- ▶ Increased fitness
- ▶ Healthier nutrition
- ▶ Fewer discipline issues
- ▶ Improved academics



# School Health Council

- ▶ Core Group parents, students, educators, community members
- ▶ Give advice & support to the school on school health
- ▶ Help promote healthy behaviors and a healthy environment

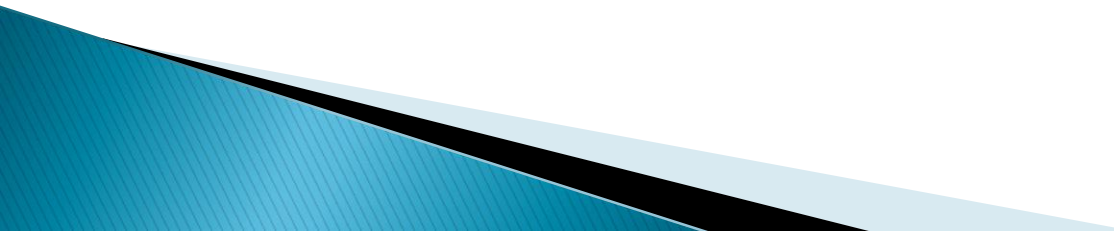
**“Never doubt that a small group of committed people can change the world. Indeed, it is the only thing that ever has.”** Margaret Mead

# Councils may help with

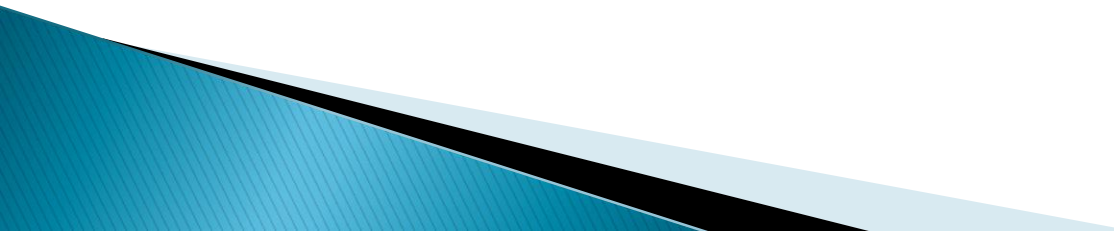
- Planning Programs
- Advocating for health programs
- Raising Funds
- Educating the community
- Assessing needs & evaluating programs
- Coordinating resources, services, and programs between the school and community



# Benefits

- ▶ Increase school parent and community involvement
  - ▶ Link schools with community health resources
  - ▶ Provide support for improving school health guidelines and programs
  - ▶ Educate the community about the school and health issues
- 

# Members

- ▶ **Represent all community segments**
  - ▶ **Involve people with wide variety of backgrounds and experiences**
  - ▶ **Include key players in the community and school**
  - ▶ **Involve the least powerful as well as the most powerful**
- 

**Students  
Champions  
Clergy  
Law officers  
Extension Staff  
Business people  
School personnel  
Health care providers  
Parent/teacher organizations  
Community members/leaders  
Human Service providers  
Others**



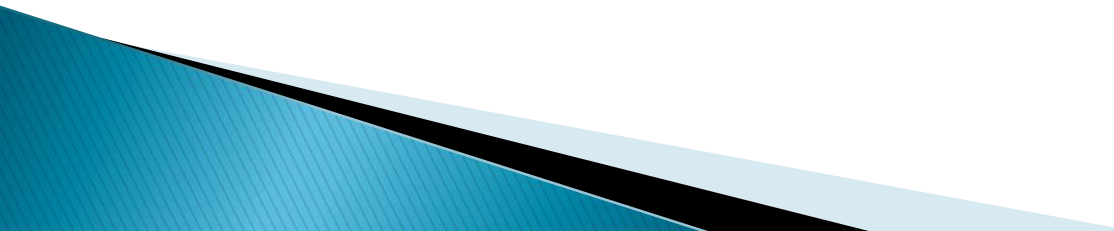
# **Consider Begin School Nurse/School Health Services team**

**Existing School Committee  
School Improvement Team  
Wellness Team**



# School Nurse Activities

**School health services vary school by school.  
The minimum health services:**

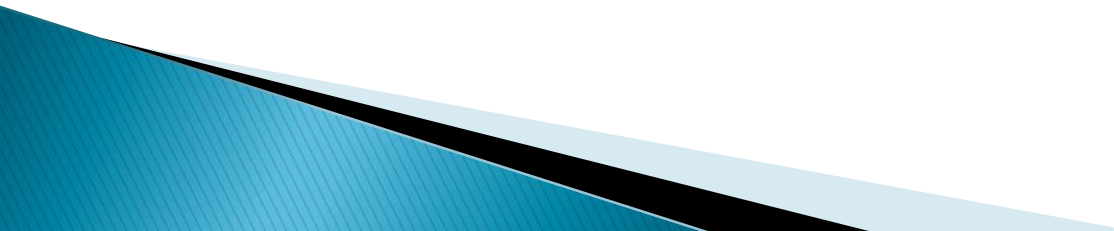
- Assessment of health complaints, medication administration, and care for students with special health care needs;
  - Management for emergencies & urgent situations;
- 



# Activities

- Mandated health programs, verification of immunizations, infectious disease reporting; and
- Identification & management of students' chronic health needs that affect educational achievement.

**Note: Services that may be offered, American Academy of Pediatrics (AAP) manual *School Health: Policy and Practice*:19**



# School Nurse

1. provides direct care to students
2. provides leadership for providing health services
3. provides assessment and referral for health conditions
4. promotes a healthy school environment
5. promotes health (students and staff)
6. serves as a leader in health policies and programs
7. serves as a liaison between school personnel, family, health care professionals, and community

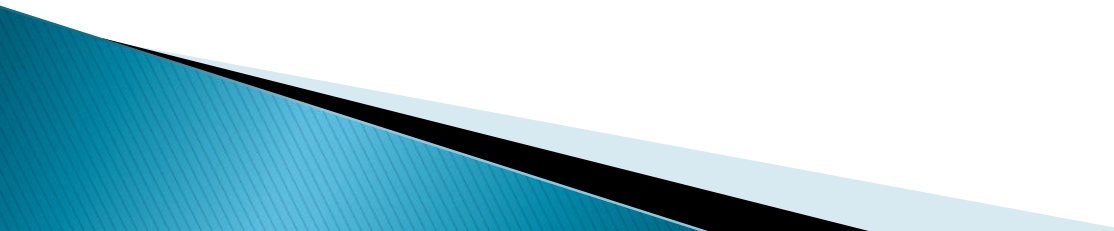
NASN & AAP

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# Policy–Broad Guideline–Specific

- Statement in handbook/online school nurse and school health services offered (passive permission)
- Option opt–out

# Topics

- ▶ **Individual planning**
  - ▶ **Medication**
  - ▶ **Bloodborne pathogens**
  - ▶ **Special Health Needs**—individual planning
  - ▶ **Allergies**
  - ▶ **Insects—head lice, bed bugs**
  - ▶ **Privacy**
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# Guide Review

## ▶ **Step 1 – Get Together**

- ▶ Check progress page 1–8
- ▶ Community partners to invite 1–9
- ▶ Letter invitation 1–12
- ▶ Response form 1–13
- ▶ Benefits 1–14
- ▶ News Release 1–15
- ▶ Agenda Planning Guide 1–16



## ▶ **Step 2–Vision**

- ▶ Purpose building 2–1

## ▶ **Step 3–Plan**

- ▶ Developing an action plan 3–1

## ▶ **Step 4–Action**

- ▶ Taking action & getting results 4–1

## ▶ **Step 5–Review**

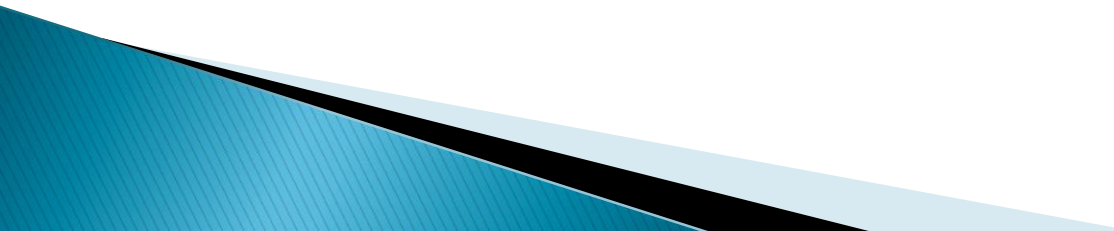
- ▶ Maintaining momentum

## ▶ **References**

## ▶ **Appendices**

- ▶ Elements of Excellence Appendix A
- ▶ Meeting planner Appendix B
- ▶ Script & transparencies Appendix C

# Resources

- ▶ **CDC, Coordinated School Health**  
<http://www.cdc.gov/Features/StudentHealth/>
  - ▶ **Healthy Schools–Healthy Youth**  
<http://www.cdc.gov/HealthyYouth/>
  - ▶ **Adolescent and School Health Tools–SHSR**  
<http://www.cdc.gov/HealthyYouth/shsr/index.htm>
  - ▶ **Iowa Promoting Healthy Youth...**  
[http://www.idph.state.ia.us/hpcdp/promoting\\_healthy\\_youth.asp](http://www.idph.state.ia.us/hpcdp/promoting_healthy_youth.asp)
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- ▶ Carol Hinton
- ▶ Nurse Clinician
- ▶ IDPH
- ▶ [carol.hinton@idph.iowa.gov](mailto:carol.hinton@idph.iowa.gov)

- ▶ Charlotte Burt
- ▶ Consultant
- ▶ IDE
- ▶ [charlotte.burt@iowa.gov](mailto:charlotte.burt@iowa.gov)

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